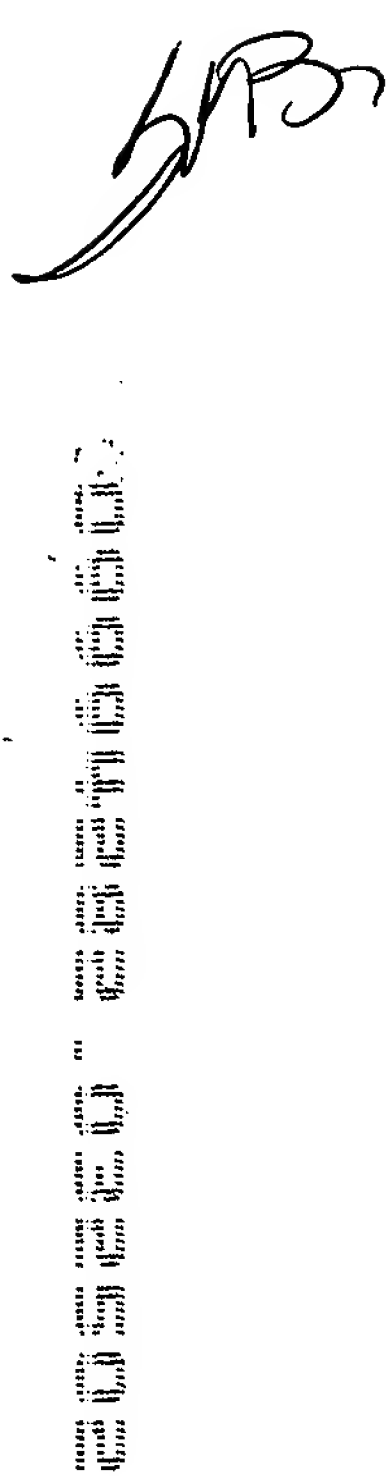


Claims:

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1. An apparatus constructed from a rubber material in a cylinder design, which with a common air inlet may be inflated or deflated easily with most conventional air pumps, including manual air pumps. The circumference of the said rubber cylinder will consist of ribbed and pointed formed surfaces. The rubber cylinder (Massage Tube) will be physically wider than a human body allowing a comfortable fit and balance during use.
 2. An apparatus as claimed in claim 1, wherein by placing the apparatus (Massage Tube) on the ground and laying your back horizontally to the ground on top of the said Massage Tube and by extending and bending your legs at the knees you slide back and forth over the Massage Tube. The force of your weight on the ribbed and pointed surfaces and the sliding motion massage your back and neck.
 3. An apparatus as claimed in claim 1 wherein by placing the apparatus (Massage Tube) on the ground and laying your stomach horizontally to the ground on top of the said Massage Tube and by extending and bending your legs at the knees and the use of your arms you slide back and forth over the Massage Tube. The force of your weight on the ribbed and pointed surfaces and the sliding motion massage your upper legs,
 4. An apparatus as claimed in claim 1, wherein by placing the apparatus (Massage Tube) on the ground and laying the side of your body horizontally to the ground on top of the said Massage Tube and by extending and bending your legs at the knees and the use of your arms you slide back and forth over the Massage Tube. The force of your weight on the ribbed and pointed surfaces and the sliding motion massage your hips and sides or the body.